

## Early Intervention is Key to Treating RSD

We often hear that early intervention is the key to treating illness and disease. It is certainly true for complex regional pain syndrome (RSD). This condition, while not very common, can be quite painful. It has also shown to be debilitating in some people. Getting a handle on it early is key to alleviating pain and helping patients take back their lives.



RSD is one of the many [chronic pain conditions](#) we treat at Lone Star Pain Medicine. Our Weatherford clinic is staffed by experienced physicians who know the treatments most likely to provide real pain relief. We invite you to learn more about RSD and, if you believe you might be suffering from it, make an appointment to see one of [our pain doctors](#).

### Pain as a Result of Injury

Complex regional pain syndrome is complex in the sense that we do not fully understand it. It is a form of chronic pain that usually develops following some sort of injury. It could also appear following surgery, a heart attack, or stroke. What makes it unique is that RSD pain tends to be disproportionately severe.

Though RSD pain can present anywhere, it is almost always in the arms, legs, hands, and feet. We recommend seeing a doctor if you are experiencing pain severe enough that merely touching the affected limb makes things worse. We cannot stress enough the importance of catching RSD early and beginning treatment right away.

### RSD's Typical Symptoms

As with most chronic pain conditions, unrelenting pain is not the only RSD symptom. Patients can experience any of the following:

- Swelling and color changes in the skin
- Undue sensitivity in the area of the pain
- Skin temperature changes
- Skin texture changes
- Stiffness and inflammation in the joints
- Muscle spasms, weakness, and tremors
- Gradual loss of mobility

One of the big dangers of RSD is atrophy as a result of not using the painful limb. The less frequently the limb is used, the weaker its muscles become. If atrophy is allowed to set in, regaining use of the affected limb can be incredibly challenging.

## **Two Types of RSD**

Scientists currently lean toward RSD being the result of some sort of abnormality or damage to the peripheral and central nervous systems. There are two types of RSD; both tend to display similar symptoms.

Type 1 RSD is the more common of two. Some 90% of all people diagnosed with RSD have Type 1. It presents even though there is no apparent damage to the nerves in the affected limb. Type 2 is just the opposite. It is more easily identified due to direct nerve damage.

At Lone Star Pain Medicine, we have a variety of treatments for RSD. These include the following:

- Caudal Steroid Injection
- Celiac Plexus Block
- Cervical Epidural Steroid Injection
- Lumbar Sympathetic Block
- Lumbar Transforaminal Epidural Steroid Injection
- Stellate Ganglion Block
- Spinal Cord Stimulator Implant

We would be more than happy to discuss these treatments with you when you visit with us. As always, we encourage you to research our treatments and ask whatever questions you might have. We want you to be fully informed of both your illness and the suggested treatment offered to you before you make any decisions.

RSD can be quite painful to the point of being debilitating. The good news is that complete remission is possible. The earlier treatment begins, the greater the chances of remission. To that end, we recommend you do not wait. If you are experiencing the symptoms of RSD, [contact our clinic](#) right away. Let us get you on the road to recovery quickly.